

...what's life like in another Commonwealth country? find out through an international youth exchange...



International

- an equal partnership between two youth groups across national boundaries

Youth

- young people of a common age (15 – 25 year olds)
- sharing some interests in common
- coming from a local community

Exchange

- of ideas, views, attitudes and culture
- learning to live and work together
- sharing similarities and differences in ways of life
- two-way (reciprocal) – groups visit and host each other

Youth exchanges are a popular way of experiencing another country and culture. They are not a holiday, but a chance to meet and have meaningful contact with young people from another country and find out about their lives. They give you an authentic experience - a chance to get under the skin of another culture and become part of a local community, not simply a tourist.

Commonwealth youth exchanges aim to contribute to better international and inter-cultural understanding. They can also help increase your understanding of a fast changing and globalising world. They are a rewarding and challenging experience of active global citizenship. They celebrate diversity and Commonwealth values.

They also aim to contribute to young people's personal and social development. Exchanges often take 2+ years to develop and complete. This allows everyone the time to participate fully in all the planning, organisation and decision-making and to learn new skills. For this reason youth exchanges are a very powerful instrument for young people's development.

There are over 50 Commonwealth countries with which you could do an exchange - check out the map. Think about where your group already has international links that could become a youth exchange partnership. CYEC's Handbook '**Contact**' gives further ideas on how to find a partner group.

common vision, shared future



...so what's in it for me?

CYEC

global skills for a global age...

Youth exchanges give you lots of opportunities to try out new things and develop new skills – they increase your personal and social development. CYEC believes that exchanges help create 'world ready' youth. Are you ready for the global challenge?



this is youth exchange...

a personal **C**hallenge and sense of **a**chievement

become more **S**elf-confident

Learn about yourself

new skills for **e**mployability

team-working skills

gain **L**eadership qualities

make a difference locally and globally

understand your own **S**ociety, **C**ulture and **C**ountry

Communication skills

make new **f**riends and have **f**un

broaden your **h**orizons and see new **p**ossibilities

promote **t**olerance and challenge **p**rejudice

Everyone taking part in a Commonwealth youth exchange receives a Certificate of Participation from CYEC. You can also record your progress and development of skills using CYEC's Personal Record of Achievement.

common vision, shared future

